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**VINCENT'S S.C.A.N.S. EAR, NOSE AND THROAT, HEAD AND NECK SURGERY CLINIC**

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## **GERD & LPR Patient Education, Lifestyle Modifications.**

- Take your prescribed medication as directed
- Lose weight through regular exercise and healthy eating. Obesity promotes reflux.
- Stop smoking - smoking increases aerophagia (air ingestion into the stomach), belching, and acid exposure, and diminish the salivary base.
- Avoid or reduce alcohol consumption
- Avoid certain foods that may increase esophageal reflux:
  - chocolate
  - fatty food
  - spicy food
  - sour food
  - carbonated drinks
  - tomato-based products
  - red wines
  - caffeine/coffee
  - onions
  - peppermint
  - garlic
- Avoid late-night meals, especially just before bedtime
- Avoid large meals. Instead, eat small meals, up to 6 times a day, instead of 3 large meals
- Eat at a slower pace to reduce aerophagia (air ingestion into the stomach)
- Avoid lying down within 3 hours of a meal
- Elevate the head of the bed by 6 to 10 inches or about 15° – an antigravity measure
- Avoid tight clothing especially around the abdomen region, or stooping after meals.
- While reclining, avoid lying on their right side because this may increase reflux.
- Avoid vigorous exercise within 1 hour of eating.
- Use abdominal breathing. Let your abdomen expand with each breath in.